



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Sparrn, Harald**

Club: SV 98/07

Number: 679

Course: 11.30 km

11,3 km Run

Category:

Männer M40

Total time: 56:04

Speed: 11.77 km/h

Running performance: 4:58 min/km

Rank in course/Total: 81 (of 182)

Rank in course/Men: 74 (of 135)

Best time in course: 40:15

Rank in category: 23(of 40)

Best time in the category: 40:15